ABUNDANT RESILIENCE

Every healing journey has peaks and valleys - whole mountain ranges of them. From afar, the view of the mountains is majestic. But when you're slogging uphill out of a valley and the trail is unmarked, slippery and way too steep, you forget about that. There is no beautiful panoramic vista in sight. There's the next step up the hill to who knows where.

On your journey - that marathon hike through your own personal mountain range - don't underestimate your resilience!

At age 24 my life was drastically changed when a viral infection damaged my spinal cord and I became paralyzed. During the 10 months that I spent in rehabilitation learning how to live with my disability, many people said to me, "I could never do what you're doing." Whenever I heard that, my immediate thought was "Yes, you could." I believed it wholeheartedly every time.

When things aren't going too well getting out of that valley, know that you can. However much resilience you think you have, you have more. A lot more.

When you're depleted it's easy to start feeling defeated. This is when you need to remind yourself that you are a resilient being! You also need to remember that your resilience isn't a static thing. It fluctuates according to how much you're using it and how much you're replenishing it. If you find that you're losing hope and beginning to feel defeated, that may be a signal that you're tapping your resilience more than you're restoring it.

Resilience is one of your natural resources. For any natural resource to stay strong, it needs careful attention and nurturing.

On your trek out of the valley you will have to take the time and make a conscious effort to build up your resilience when it starts to fade. Yes, you'll need support. Yes, you'll have to take rest breaks. Yes, you'll have to find ways to rejuvenate your body, mind and spirit.

Yes, I know. Some days you'll hate the mountain.

If you're having one of those days, or weeks, or months, or even years, remember…

Yes, you can.

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